

OUR RESPONSE TO COVID-19**AGHAM AT KAALAMAN PARA SA BAYAN!****OFFICERS**

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PAASE BULLETIN # 7**ON PAASE STRATEGIC ACTION GROUP 1: CONTAINMENT & MITIGATION**

Addressed to: DOH Key Decision-Makers

HEALTHY DIET TO COMBAT COVID19

PAASE supports the promotion of a healthy and balanced diet among Filipinos as a way to combat covid19 infection.

This position is based on the fact that a strong immune system generally can reduce complications in the event of a viral infection. It is to be noted however that no direct clinical evidence thus far establishes that the following recommendations will specifically boost immunity against COVID19.

- (1) An anti-inflammatory diet (1) may be helpful to circumvent or reduce complications arising from COVID19 infection, given that underlying conditions such as diabetes, cardiovascular disease, arthritis, high blood pressure associated with high-risk individuals have been associated with inflammation, a process that triggers the cytokine storm that can be fatal.
- (2) An anti-inflammatory diet can include (a) foods rich in omega-3 fatty acids found in oily fish (such as sardines and tuna) and seaweeds; (b) fresh fruits and vegetables rich in polyphenols and Vitamin C; (c) reduced amount of omega-6 fatty acids such as corn oil; and (d) foods rich in fiber to maintain regular bowel movement (1-4).
- (3) Foods rich in zinc such as oysters, mussels, eggs and milk are recommended, since zinc plays a role in immunity (5), and stop the COVID19 virus from multiplying (6).
- (4) Coconut oil (7) is recommended, as it contains anti-viral components that may apply against COVID19.
- (5) Full cream dairy products are recommended, as fatty acids in milk can inactivate viruses (8), and lactoferrin, a protein found in milk, stimulates the immune system and can prevent cellular entry of related coronaviruses in vitro (9-11).
- (6) Vitamins and supplements including zinc (5), vitamins C (12) and D (13-18), and omega-3 fish/algal oil (19-24) are recommended, since they reduce inflammation and boost immunity especially if one has allergy to certain food sources.

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